You're as Old as Your Arteries

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Stay Alive Longer!

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By LELORD KORDEL

Dr. Irvine H. Page, president of the American Heart Association, says "A heart attack, as it is ordinarily considered by the public, is basically arteriosclerosis of the coronary vessels." In other words, hardening of the arteries.

Coronary thrombosis is no respecter of time or persons. It generally cuts down its victims during their most productive years. Unfortunately, the disease that leads up to it is not the kind that gives advance notice, that rings a warning bell and says, —"Stop—Look—Listen. Slow Down—heart at work."

Coronary thrombosis strikes quickly and dangerously. Its sudden occurrence is the result of atherosclerosis.

"But why do we develop atherosclerosis?" asked my friend Bill, who at 28 found he was a victim of the disease.

"There are several theories." I replied. "Let's consider the diet theory first:

"1. A high-cholesterol diet is consumed year after year, which piles up lesions in the arteries.

"2. It is the result of a metabolic fault, an inability of the body to handle the normal cholesterol and fat intake properly. This metabolic fault is especially aggravated in the presence of high-starch foods. In other words, starches and fats."

"It all adds up to something," said Bill, "that I wish I'd known earlier. Now, here's what I want to know: Can a change in diet still help me? Or is it too late?"

"Of course it isn't too late," I said. "The ultimate results depend largely on you. How's your survival quotient, Bill."

"What do you mean?" he asked.

"Just this: How much do you really want to live, to retain your health? Do you have the stamina of spirit, the will power, to give up your old way of eating? Are you going to feel sorry for yourself every time you pass up fried foods and rich desserts? Or will it be a challenge to you to acquire new tastes, new interests in life, and, most of all, new energy and vigor "

Atherosclerosis and high blood pressure are almost unknown among the Eskimos. Yet they eat large amounts of blubber, or whale fat. How do they escape disastrous consequeneces? Isn't it because of their high-protein, low-starch diet?

Choline, inositol, and methionine are needed in the diet to help prevent cholesterol from becoming lazy and settling down in the arteries. We find an abundance of choline and inositol in lecithin. The protein foods give us methonine. The high-protein diet of the Eskimos is rich in all three of these lipotropic agents!

Choline, a fat-distributing agent, is a wonderful aid in promoting normal distribution of food fat throughout the body and thereby preventing the stockpiling of fat in undesirable places, notably in hardening arteries and in a fat-clogged liver. The human requirement for choline is assumed to be about half a gram, or 500 milligrams, daily.

Choline and inositol are found in whole grains and in most high-protein foods: lean beef and lamb, organ meats—liver, kidneys, heart, brains, sweetbreads — eggs, non-fat milk, cheese and seed cereals.

Methionine, valuable as a fat-dissolver in its own right, seems to act as a catalyst for choline and inositol—speeding up their function. In other words, a little methionine makes choline and inositol go a lot farther in doing tremendous good. Where do you suppose we find it? The complete proteins, of course: meat, fish, poultry, eggs, cheese, and non-fat milk.

Are you beginning to realize the value of a high-protein diet?

Inosital is related in its functions to choline.

It is the substance which assists the heart muscles secure a constant supply of energy.

In animal experiments inositol was removed from the diet. The result: Hamsters experienced reproductive disorders, chickens developed softening of the brain, and mice became completely hairless over various parts of their bodies.

Now, I'm not suggesting to you bald-headed men that inositol will grow hair. Instead, let me stress the fact that the lack of inosital can cause irreparable damage. I merely give you the facts. Let them speak for themselves.

Beef heart contains more inositol in an average serving than any other meat. There are 250 milligrams in one slice. But how often do you eat beef heart? If you're the average American male, never. Or hardly ever.

"If you're willing to work for that new lease on life," I told Bill, "you can have it. Begin now, with your very next meal, by putting yourself on a high-protein, low-starch, low sugar diet for the rest of your life."

What about your new lease on life? Are you interested in doing something about it — or just in reading about it? Unfortunately, you can read all the good advice in the world, and it won't help you.

Unless you do something about it!

When will you start? Now? . . . today? . . . tomorrow?

Why not make it today?

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